PE 308 Theory and Psychology of Coaching

Chapter 8 Managing Your Athletes’ Behavior

Key Concepts

- Positive discipline allows coaches to instruct, train, and correct athletes so that athletes develop self-control.

- Coaches need to determine which athlete behaviors to recognize and whether to reward the behavior with tangible, people-related, or activity-related rewards.

Key Concepts

- Rewards should match the magnitude of the behavior exhibited (small rewards for less significant behaviors and larger rewards for more significant behaviors).

- Catching and rewarding athletes doing good (rather than disciplining misbehavior) places more of an emphasis on appropriate behavior and develops a positive rapport between athletes and coaches.

- 1. Distinguishing Between Mistakes and Misbehaviors
- 2. Benefits of Positive Discipline

Positive Discipline

- 1. Create the Right Team Culture
- 2. Hold Team Meetings
  - a. Reasons to meet
  - b. Conducting team meetings
- 3. Develop Team Rules
  - a. Guidelines for creating rules
  - b. Consequences for rule violations
  - c. Athlete Code of Conduct
  - d. Enforcing rules consistently

Preventive Discipline (six steps to preventive discipline)

- 4. Create Team Routines
- 5. Conduct Exciting Practices
- 6. Catch Them Doing Good
  - a. Types of rewards (tangible rewards, people rewards, activity rewards)

Preventive Discipline (six steps to preventive discipline)

- 1. Discipline versus Punishment
- 2. Why Athletes Misbehave
- 3. Strategies for Correcting Behavior
- 4. Guidelines for Administering Consequences for Misbehavior

Corrective Discipline